

Marinated Three-Bean Salad

Rating: ★★★★★

Cook time: 1 hour, 10 minutes

Makes: 4 servings

Ingredients

- 1 can** lima beans (8.5 ounce)
- 1 can** cut green beans (8 ounce)
- 1 can** red kidney beans (8 ounce)
- 1** onion (medium, thinly sliced and seperated into two rings)
- 1/2 cup** bell pepper (chopped sweet green)
- 8 ounces** Italian salad dressing (fat-free)

Directions

1. Wash hands and cooking area.
2. Drain the canned beans
3. Peel and slice the onion and separate into rings
4. In a large bowl, combine the lima beans, green beans, kidney beans, onion rings, and green bell pepper.
5. Pour the Italian dressing over the vegetables and toss lightly.
6. Cover the bowl and marinate in the refrigerator for at least one hour. The salad can be left in the refrigerator over night.
7. Drain before serving.

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	170	
Total Fat	0 g	0%
Protein	7 g	
Carbohydrates	35 g	12%
Dietary Fiber	8 g	32%
Saturated Fat	0 g	0%
Sodium	690 mg	29%